



Little Black Book of Viol PB: What Every Young Man Needs to Know about Fighting

Lawrence A. Kane , Kris Wilder , Marc MacYoung , Rory Miller (Foreword) , John R. Finch (Afterword)

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ForeWord's Book of the Year Award FINALIST - 2010 USA Best Book Award FINALIST - 2010 The Little Black Book of Violence will arm you with the knowledge and good sense to make informed choices in hazardous situations. While some yahoo spewing insults about your favorite sports team is worlds apart from a drug-crazed lunatic lunging at you with a sharp knife in his hands and bloodlust in his eyes, there is a large gray area in between these two extremes where hard and fast rules do not always apply. This is where wisdom, oftentimes hard-earned wisdom, makes the difference between good decisions and bad ones. Every time you engage in violence, no matter how small or trivial it may appear to be at the time, it has the potential of escalating into something extraordinarily serious. What is really worth fighting for when you might find yourself spending the rest of your life behind bars, confined to a wheelchair, or trying to dig yourself out of bankruptcy from beneath the crushing weight of a civil lawsuit? It is important to ask yourself, "Is this really worth fighting over?" While in some instances the response could legitimately be "Yes," more often than not it ought to be "No." More than mere techniques, this book fills in crucial information about street survival that most martial arts instructors don't teach or even know. You will learn how to use awareness, avoidance, and de-escalation to help stave off violence. Despite the best intentions, however, you may still find yourself in situations where you have no choice but to fight and others where it is prudent to do so. Consequently you will also learn smart things you might want to try and dumb things you should attempt to avoid during a physical confrontation. In addition to learning strategies and techniques for defending yourself on the street you will also learn how to manage the aftermath of violence, including performing first aid, interacting with law enforcement, managing witnesses, finding a good attorney, navigating the legal system, dealing with the press, and overcoming psychological trauma. Men, who commit about 80 percent of all violent crimes, are twice as likely to become victims of aggressive behavior as women. While written primarily for this at-risk demographic, this comprehensive tome is essential reading for anyone who regularly deals with violence, thinks they may encounter a hostile situation, or who simply wants to increase their ability to survive a dangerous encounter.

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From Reader Review Little Black Book of Viol PB: What Every Young Man Needs to Know about Fighting for online ebook

Copernicus says

Definitely something I would recommend for the young, male adult.

Dean says

Great info about violence that helps form realistic expectations for self defense. Book is poorly written with target audience being young men with more testosterone than brains. Factual info is very good despite poor writing and editing.

Daniel says

A bit repetitive. Maybe around half of the info is very useful, the other half is full of theoretical stuff which is of limited use if you aren't doing physical training in self-defense or martial arts. The foreword of the book is written by a policeman, and emphasizes the fact that physical violence is ugly and harmful and always a bad idea, implicitly exhorting the readers not to ever partake in it if they can, but also angrily repeating that many readers will ignore the warning even after reading the foreword and the rest of the book. This warning makes sense from the point of view of a policeman, as their jobs would be much easier if nobody participated in physical conflict. However, life would be very different if we all backed down at the first sign of any conflict. Sure, we might escape with our bodies intact, but how about our psychological and social well-being? Sometimes there are things in life that are not a matter of just pride or hubris: there are things that concern our own dignity as human beings. Getting insulted by a random homeless person on the street is not one of them, but perhaps getting bullied to the point that you or your loved ones are not free to live their lives normally might be worth risking your physical well-being for. Resigning yourself to reality whenever someone else tramples on your rights is not being clever; it is actually harmful for society because it reinforces the norm that people can break the law and cross others with impunity. One remembers line from Julius Caesar: "Cowards die many times before their deaths; The valiant never taste of death but once."

Thankfully, the book also recognizes this viewpoint by adding in a word from Mark MacYoung, who acknowledges that there are two competing concerns: one, about physical well-being, and the other about social and mental well-being. The first section of the book itself (what to do before a fight) seems to go back to overemphasis on conflict avoidance, but thankfully this is not carried on in the second section, which deals with what to do when one finds themselves in a fight. This section is actually less useful, because as I previously said, many of the techniques described there can only be learned in an actual physical setting in a self-defense course or a martial arts dojo. The book acknowledges this as much.

The third section, about what to do after a fight, is interesting, but doesn't really offer insightful recommendations other than "get a good lawyer and don't talk to the police or the media". Thus despite my misgivings about the over-emphasis on conflict avoidance, the first section of the book is actually the most useful and interesting.

Lupo Alberto says

A really well written and interesting book, albeit i hope i will never need what the authors teach.

Jennifer Wardrip says

Reviewed by Kira M for TeensReadToo.com

In America, 80% of violent crimes are committed by men. Men are also twice as likely to become the victims of aggressive behavior. Violence, no matter how trivial it may seem, has the potential to escalate into a grave situation.

This is the reason why Lawrence A. Kane and Kris Wilder, martial arts experts since the 1970s, have written this book. Inside, young adults will find self-defense tips and techniques, street survival behavior, and tricks for de-escalating fights.

This no-nonsense guide to violence is a great addition to a library's collection. The layout is well-done, and the information provided is practical, helpful, and easy to learn.

Those who are interested in self-defense, martial arts, and street smarts will enjoy and learn a lot from reading **THE LITTLE BLACK BOOK OF VIOLENCE**.

Bert Edens says

There are rare occasions where I wish I could give a book more than five stars, because I read so many good books. This is undoubtedly one of those times.

This book is an outstanding look at what causes violence, how it can be avoided, how to handle it when it can't be avoided, and how to mop up, both emotionally and legally, once it's over.

A must must must read for all parents with teenage boys or young adults, this would also be a great read for young ladies too. Since so much of what guys do are for the ladies, ego, status, sex, or what have you, I believe it's crucial for the women to know what might be going on in their fella's head too.

Additionally, it's also good for adults in general, as you can learn about circumstances that might be volatile, how to detect and avoid them, etc.

I can't rate this book high enough. It's a must read for anyone and everyone.

Ryan says

Kindle version repeats itself alot. could be formatting strangeness with picture captions etc, or could be that the authors like to hear themselves talk...

Content is very good. not a particularly exciting read, but much of the information is 99% applicable to everyday life. Lots of observational and situational awareness tips and tricks that anyone can use.

Wayne Edmondson says

Every young man should read this book. It's a great training manual on situational awareness, preventative measures, and brutally efficient methods of combat if you absolutely have to resort to violence.

Avalokiteshvara says

Excellent book! Highly recommended. The advice given in this book has gotten me out of very tense situations. The author gives common sense advise, but common sense usually deserts us when we are in an aggressive mood. Thanks to this book, I've avoided multiple hospital visits and physical injuries.

Julie says

I gave 4 stars because the writing is clear and I like how the author looks at the subject of violence from a different direction--how to avoid it. It is somewhat repetitive, but from the standpoint of teaching life-changing behaviors, maybe that's not a bad thing.

Miroku Nemeth says

I am a bit more than a third through this book (it is not very "little" at 300+ pages). I really feel that it is an important purchase for anyone who cares about protecting themselves and those they love from violence. The authors work with both Mark "The Animal" McYoung and Rory Miller, who are some of the best writers on realistic training for violence. Highly recommended. I have talked to too many people who have been shot or stabbed lately, and I am thinking of really getting serious about trying to develop the best curriculum I can to help people. Essential advice: buy books like these and meditate realistically upon their lessons.

Ciarán says

"Don't fight if you can avoid it" that statement is repeated about four hundred and fifty five billion times. I

can't believe how shockingly repetitive this book is, there's literally 300 plus pages of filler with common sense filling up the rest. Dreadful.

Bill Coffin says

The aim of this book is laudable: to provide the reader with no-nonsense information on how to spot a dangerous situation before it is too late, why getting into physical combat is not a good idea, how to prevail should such a situation become unavoidable, and what the after-effects of that may be. Unfortunately, "The Little Black Book of Violence" is so poorly written, so thin on material, so self-referential and so useless that it renders the reader little more prepared for a violent encounter than he would be had he spent the same amount of time watching fight videos on YouTube. The authors' martial arts qualifications may very well be top-notch, but they have utterly failed at communicating their depth of knowledge. And why not? Ask anyone who studies martial arts and they can tell you that being told what to do and actually doing it are incredibly different things. You could commit this book to memory and gain very little from it. For those who come to this title wanting to know how to protect themselves, the answer is simple: go do some actual training. This book isn't it.

Jason says

The Little Black Book of Violence delivers as promised. It is packed and layered, building on previous works by both authors, among others. Not only is it geared primarily towards young men ready to leave the home, but it actually 'speaks their language,' and I can't imagine it will be perceived as 'talking down' to them.

From reasons not to engage in violence, and ways to avoid it; to what occurs internally and externally, dissecting the chemical cocktail and psychological and sociological roles in interpersonal violence, and what to do afterwards, The Little Black Book has it all, combined with personal accounts and stories pulled right out of news headlines.

When my sons reach the appropriate age, they'll be reading this book. I fully recommend it to those who are graduating high school, or live in inner cities as a teen; as well as those who haven't read anything from these authors.

Felix says

Don't let the title mislead you, there is nothing "Little" about this book. It is a big read. It is a very helpful reading particularly for those who are bit younger (with ego and temperament problem).

The basic premise of the book is: Know what you are going to lose when you got yourselves into a fight. The 1/3 of the book talks about how to avoid fight / violence in the first place, the other 1/3 is about what to do when you can't avoid fighting and 1/3 summary.

Very useful book - I just wish that the author didn't put so much information in a book, I felt it could be written more succinctly or maybe even split into 2 books.

